



Seniors Pursuing Active Living® Informed Consent Form

Assessment Objectives:

The assessment is designed to give a reasonable measure of your current level of health and fitness, and will include the following tests: Aerobic Capacity, Resting Heart Rate & Blood Pressure, Height & Weight, Muscular Strength, and Flexibility.

Explanation of Procedures:

The tests will be explained to you by a member of our staff. He or she will be pleased to answer any questions you may have. Specialized equipment will be used to perform the assessment. You may stop the tests at any point if you feel uncomfortable or ill in any way.

Potential Risks:

Because of the nature of the assessment, a level of exertion is required. This exertion will cause temporary changes which will increase your heart rate, raise your blood pressure and possibly cause some muscular stiffness within the next few days. Our staff is trained to perform assessments and to administer first aid if necessary.

Potential Benefits:

Your assessment results will help determine your present level of fitness and highlight any areas of specific need. This will be particularly useful when designing a personalized exercise program that will be safe, and effective.

Consent:

I have read the information on this page and I understand it. Any questions concerning the information and procedures have been answered to my satisfaction. I also understand that I am free to stop the assessment at any time and seek professional medical advice or opinion. Any information derived from the assessment is confidential and will not be disclosed to anyone other than my doctor or person responsible for this assessment, without my permission. In consideration of the above, I assume all risks and hazards incidental to participation in this assessment and exercise program, and I hereby waive, release, absolve, indemnify, and agree to hold harmless, other than willful default or neglect on their part, **The Davis Community** employees.

Participant's Signature

Date

Staff Witness Signature

Date